

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>HOLIDAY BREAK</b>					<b>6 LOCATIONS</b> GREEN FONT =ROYAL CANADIAN
<b>7</b> 4295 STAGECOACH RD., SYDENHAM, ON WWW.SFCSC.CA (613) 376 - 647	<b>8 9:00-10:00</b> Indoor Walking	<b>9 9:00-10:00</b> Cardio & Strength <b>9:00-11:00</b> Good Graces Café	<b>10 9:00-10:00</b> Tai Chi <b>10:15-11:15</b> Fitness & Your Brain	<b>11 9:00-10:00</b> Cardio & Strength <b>1:00-3:00</b> Euchre/Games Club	<b>12 9:00-10:00</b> Pole Walking	<b>13</b> LEGION BLUE FONT= HARROWSMITH FREE METHODIST CHURCH
<b>14</b>	<b>15 9:00-10:00</b> Indoor Walking	<b>16 9:00-10:00</b> Cardio & Strength <b>9:00-11:00</b> Good Graces Café	<b>17 9:00-10:00</b> Tai Chi <b>10:15-11:15</b> Fitness & Your Brain	<b>18 9:00-10:00</b> Cardio & Strength	<b>19 9:00-10:00</b> Pole Walking	<b>20</b> PINK FONT= LIBRARY COMMUNITY ROOM
<b>21</b>	<b>22 9:00-10:00</b> Indoor Walking	<b>23 9:00-10:00</b> Cardio & Strength <b>9:00-11:00</b> Good Graces Café	<b>24 9:00-10:00</b> Tai Chi <b>10:15-11:15</b> Fitness & Your Brain	<b>25 9:00-10:00</b> Cardio & Strength <b>1:00-3:00</b> Euchre/Games Club	<b>26 9:00-10:00</b> Pole Walking	<b>27</b> RED FONT= THE POINT
<b>28</b>	<b>29 9:00-10:00</b> Indoor Walking	<b>30 9:00-10:00</b> Cardio & Strength <b>9:00-11:00</b> Good Graces Café <b>10:30-11:30</b> Book Club	<b>31 9:00-10:00</b> Tai Chi <b>10:15-11:15</b> Fitness & Your Brain <b>1:00-3:00</b> Painting Workshop			

For more information regarding any of the programs or purchasing an Activity Pass please contact:  
Natalee Lennox 613-376-6477 x 310 natalee.lennox@sfcsc.ca

(F)- Fitness Activity

(S)- Social Activity

(R)- Registration Required

## Grace Activities Descriptions & Information

**Indoor Walking (F)(R)**- Follow a really fun and challenging aerobic fitness video while surrounded by your friends.

**Cardio & Strength (F)(R)**- Sue and Robert lead a medium to high-impact fitness class.

**Good Grace's Café (S)**- Join friends and neighbours at the Harrowsmith Free Methodist Church. Coffee, tea, and light breakfast is available for a small fee.

**Book Club (S)** -KFL&A Public Library provides books from current titles for group members to read and discuss.

**Tai Chi (F)**- David leads you through a series of traditional Tai Chi stretches, connecting mind and body through physical motion, leaving you refreshed and strengthened. Gentle sitting and standing exercises are included to improve balance and flexibility.

**Euchre/Games Club (S)**- Join friends at the Library community room for some games and social time.

**Fitness & Your Brain (F)**- A fun and entertaining way to stay physically and cognitively fit. Join a virtual class that works on strength, coordination, posture, balance and of course, improving the brain's efficiency and response time.

**Pole Walking (F)(R)**- Vicki leads a medium-to-high intensity outdoor walking program in Sydenham using urban poles (poles provided).

**Painting Workshop (S)(R)**- Beginner to experienced painters are welcomed to a short painting lesson followed by a full session. Materials are provided.

**LOCATIONS:** **Royal Canadian Legion:** 4361 Amelia St, Sydenham, ON

**Harrowsmith Free Methodist Church:** 3876 Harrowsmith Rd, Harrowsmith, ON

**Sydenham Library:** 4412 Wheatley St, Sydenham, ON

**The Point:** 4410 Point Rd, Sydenham, ON